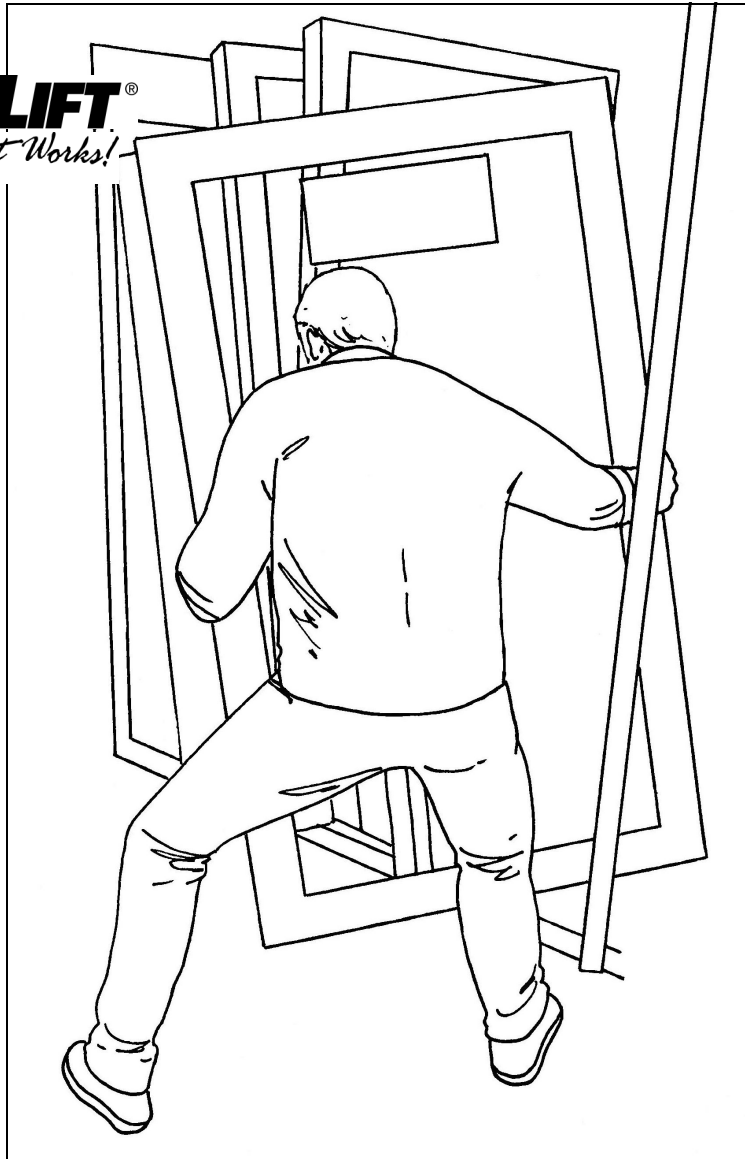


POWERLIFT[®]
Lifting Training that Works!



WORKING WITH YOUR LEGS

Anytime you are required to work on something, meaning to lift it, push it or pull it, you should be using your legs. Legs are made to do work and can handle years of it but your back cannot. You do not want to work all your life, just to end up with a worn out, arthritic back, like some unfortunate people do. A bad back robs you of quality of life just at the time when you actually have time to enjoy it. So, be wise and keep your back out of your work. Use your legs instead, because they are stronger, will last longer and are made to work for you!